



## 2023 SENATE JOINT RESOLUTION

1       **Relating to:** recognizing September 2023 as Family Meals Month.

2               Whereas, Family Meals Month is a national effort to encourage families to  
3       pledge to share more meals at home per week; and

4               Whereas, family meals are fun, affordable, and healthier than other dining  
5       options; and

6               Whereas, 92 percent of U.S. consumers say they want to eat healthier meals,  
7       yet only 30 percent of American families share dinner every night; and

8               Whereas, conversations around dinner tables establish closer relationships  
9       and increase parental involvement; and

10              Whereas, regular family meals are linked to kids earning higher grades,  
11       improving self-esteem, and resisting negative peer pressure; and

12              Whereas, children who grow up sharing family meals are more likely to exhibit  
13       prosocial behavior as adults, such as sharing, fairness, and respect; and

